

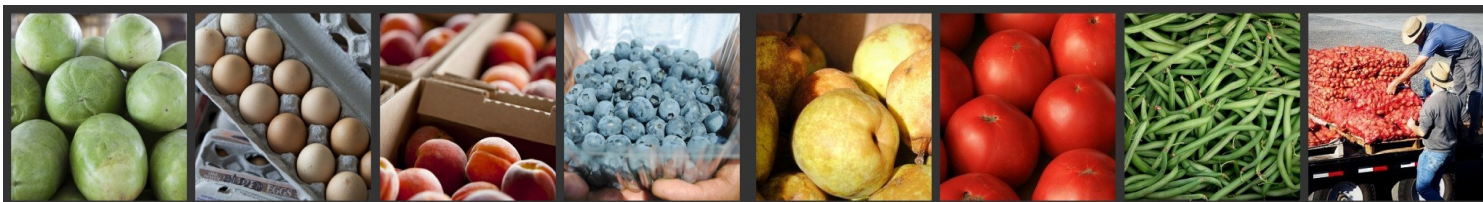


## SUMMER 2015 VEGETARIAN LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>6/22</b>  Veggie Burger on a Whole Wheat Bun	<b>6/23</b>  Grilled Cheese on Whole Wheat Bread	<b>6/24</b>  Cheese Quesadilla in a Whole Wheat Wrap	<b>6/25</b>  Whole Wheat Baked Ziti with Mozzarella Cheese	<b>6/26</b>  Egg Salad on a Whole Wheat Bun
<b>6/29</b>  Veggie Burger on a Whole Wheat Bun	<b>6/30</b>  Stir Fried Brown Rice with Egg	<b>7/1</b>  Egg Salad on a Whole Wheat Bun	<b>7/2</b>  Powered Up Pasta with Chickpeas	<b>7/3</b>  <b>Independence Day Observed</b>  <b>No School</b>
<b>7/6</b>  Whole Grain Waffle Sticks Egg & Cheese Bake	<b>7/7</b>  Whole Wheat Mac & Cheese	<b>7/8</b>  Egg Salad on a Whole Wheat Bun	<b>7/9</b>  Cheese Quesadilla in a Whole Wheat Wrap	<b>7/10</b>  Grilled Cheese on Whole Wheat Bread
<b>7/13</b>  Veggie Burger on a Whole Wheat Bun	<b>7/14</b>  Black Eyed Peas Brown Rice	<b>7/15</b>  Egg Salad on a Whole Wheat Bun	<b>7/16</b>  Powered Up Pasta with Chickpeas	<b>7/17</b>  Cheese Quesadilla in a Whole Wheat Wrap
<b>7/20</b>  Veggie Burger on a Whole Wheat Bun	<b>7/21</b>  Grilled Cheese on Whole Wheat Bread	<b>7/22</b>  Cheese Quesadilla in a Whole Wheat Wrap	<b>7/23</b>  Whole Wheat Baked Ziti with Mozzarella Cheese	<b>7/24</b>  Egg Salad on a Whole Wheat Bun
<b>7/27</b>  Powered Up Pasta with Chickpeas	<b>7/28</b>  Stir Fried Brown Rice with Egg	<b>7/29</b>  Veggie Burger on a Whole Wheat Bun	<b>7/30</b>  Egg Salad on a Whole Wheat Bun	<b>7/31</b>  Cheese Quesadilla in a Whole Wheat Wrap
<b>8/3</b>  Whole Grain Waffle Sticks Egg & Cheese Bake	<b>8/4</b>  Whole Wheat Mac & Cheese	<b>8/5</b>  Egg Salad on a Whole Wheat Bun	<b>8/6</b>  Cheese Quesadilla in a Whole Wheat Wrap	<b>8/7</b>  Grilled Cheese on Whole Wheat Bread



## SUMMER 2014 LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<b>7/28</b> All Beef Hot Dog Whole Wheat Bun BBQ Baked Beans Buttered Green Peas 100% Grape Juice Skim or 1% Milk Ketchup & Mustard	<b>7/29</b> Buffalo Chicken Tender in a Whole Wheat Wrap Local Romaine Salad w/ Local Tomatoes Fresh Local Apple Skim or 1% Milk Parmesan Cream Dressing	<b>7/30</b> Whole Wheat Mac & Cheese Local Roasted Zucchini Local Steamed Corn Fresh Banana Skim or 1% Milk	<b>7/31</b> Baked Chicken Drum Whole Wheat Roll Local Collard Greens Fresh Local Melon Skim or 1% Milk	<b>8/1</b> Turkey & Cheddar on a Whole Wheat Bun Baby Carrots Fresh Local Peach Skim or 1% Milk Light Mayonnaise, Mustard & House Ranch Dressing
<b>8/4</b> Whole Wheat Pasta Salad with Mozzarella Cheese Local Romaine Lettuce Local Roasted Yellow Squash 100% Grape Juice Skim or 1% Milk Balsamic Dressing	<b>8/5</b> Crispy Fish Sandwich on a Whole Wheat Bun Local Sweet Potato Fries Cole Slaw Fresh Local Apple Skim or 1% Milk	<b>8/6</b> BBQ Chicken Drum Whole Wheat Roll Local Garlic Kale Potato Salad Fresh Banana Skim or 1% Milk	<b>8/7</b> Philly Cheesesteak on a Whole Wheat Hoagie Local Mixed Greens with Local Tomatoes Fresh Local Melon Skim or 1% Milk Honey Mustard Dressing	<b>8/8</b> Southwest Chicken Strip in a Whole Wheat Wrap Black Bean & Local Corn Salad Fresh Local Peach Skim or 1% Milk
<b>8/11</b> Whole Grain French Bread Pizza Local Kale Caesar Salad 100% Grape Juice Skim or 1% Milk Parmesan Cream Dressing	<b>8/12</b> Honey Lemon Chicken Whole Wheat Roll Local Roasted Cauliflower Buttered Green Peas Fresh Local Apple Skim or 1% Milk	<b>8/13</b> Turkey Bolognese over Whole Wheat Pasta Local Romaine Salad with Local Tomatoes Fresh Banana Skim or 1% Milk Balsamic Dressing	<b>8/14</b> Local Beef Tacos Spanish Rice Chili Black Beans Local Mexican Corn Fresh Local Melon Skim or 1% Milk	<b>8/15</b> Turkey Ham Slice on a Whole Wheat Bun Baby Carrots Fresh Local Peach Skim or 1% Milk Light Mayonnaise, Mustard & House Ranch Dressing
<b>8/18</b>	<b>8/19</b>	<b>8/20</b>	<b>8/21</b>	<b>8/22</b>
<b>8/25</b>  <b>First Day of School</b>	<b>8/26</b>	<b>8/27</b>	<b>8/28</b>	<b>8/29</b>

For more information on the DC  
Central Kitchen, please visit our website:

[www.dccentralkitchen.org](http://www.dccentralkitchen.org)

For more information on the free summer meals  
program, go to:

[www.dcsummerfun.dc.gov](http://www.dcsummerfun.dc.gov)



All lunches provide all five groups on  
MyPlate: grains, protein, fruit,  
vegetables and dairy!

For more information on MyPlate go to:

[www.choosemyplate.gov](http://www.choosemyplate.gov)